

Mental Health Resource List

HEAD START BUREAU

Head Start Information and Publications Center (HSIPC)

<http://www.headstartinfo.org>

Head Start Information and Publication Center (HSIPC), a service of the Head Start Bureau, supports the Head Start community and other organizations working in the interest of children and families by providing information products and services; conference and meeting support; publication distribution; and marketing and outreach efforts.

The Head Start Path to Positive Child Outcomes

<http://www.headstartinfo.org/pdf/hsoutcomespath28ppREV.pdf>

The context for discussing Head Start Child, Family, and Program Accomplishments and Outcomes is reviewed. The Outcomes Framework identifies Domains, Domain Elements and specific Indicators of Children's Skills.

The Head Start Leaders Guide to Positive Child Outcomes

<http://www.headstartinfo.org/pdf/HSOutcomesguideFINAL4c.pdf>

By offering a picture of what a high quality Head Start program looks like in action and in detail, this guide will help Head Start agencies improve the effectiveness of their services. The guide is intended to assist education managers and program directors lead efforts to implement the Head Start Program Performance Standards and to prepare children for success in school. Teaching practices that support children's learning and development are identified for each of the domains in the Head Start Child Outcomes Framework; adaptations for individual children are incorporated.

Resources for Professionals: A Community of Support for Infant/Toddler Mental Health

<http://www.headstartinfo.org/pdf/ResourcesforPro.pdf>

This toolkit provides readers with comprehensive resources and information about developing systems for mental health services within the Head Start program and community. Resources make connections between Head Start community and other mental health services providers clear and offer resources and strategies for enhancing services to infants, toddlers and young children with mental health issues and their families.

Responding to the Mental Health Needs of Infants, Toddlers and Families (Early Head Start Program Strategies)

<http://www.headstartinfo.org/pdf/EHS/mpsmentalhealth.pdf>

Using real life strategies, this guide offers practical connections between the Performance Standards and mental health services within Early Head Start programs.

Head Start Bulletins

Bulletin #73: Child Mental Health

http://www.headstartinfo.org/publications/hsbulletin73/cont_73.htm

<http://www.headstartinfo.org/pdf/ChildMentalHealth-Final.pdf>

This comprehensive Head Start Bulletin provides information and resources regarding mental health services delivered to infants, toddlers, and young children in Head Start and Early Head

Start Programs and their families. Articles cover such topics as infant mental health, developing relationships, separation, stress, brain development, maternal depression, violence and others.

Head Start Training Guides:

Promoting Mental Health

http://www.headstartinfo.org/publications/mental_health/contents.htm

http://www.headstartinfo.org/pdf/Promoting_Mental_Health/Promoting_Mental_Health.pdf

Providing a broad understanding of mental health from the perspective of the child, family, and staff person, this guide provides a comprehensive training resource for individuals working with mental health issues in Head Start Programs. The three modules in the guide illustrate the importance of understanding the concept of mental health, the child from a holistic perspective, and the staff members' own perceptions and stress.

MENTAL HEALTH RELATED RESEARCH

Maternal Depression A Review of Current Literature (October 2000)

http://www.acf.dhhs.gov/programs/opre/ehs/mental_health/reports/mdepression/mdepression_title.html

The mental health of a parent impacts a child's development in the ways in which attachment, stimulation, and relationships grow over time. This literature review summarizes findings regarding the impact of maternal depression on young children and provides insights into prenatal and postpartum depression. Research regarding assessment, impact, prevention and treatment is also included.

Research to Practice: Depression in the Lives of Early Head Start Families: Early Head Start Research and Evaluation Project (January 2003)

http://www.acf.hhs.gov/programs/opre/ehs/ehs_resrch/reports/dissemination/research_briefs/4pg_depression.html

Depression is common in low-income families and, in many cases, depression is linked with poorer child outcomes. The Early Head Start Research and Evaluation Project, a rigorous random-assignment evaluation of 3001 children and families in 17 programs around the country collected information on maternal and paternal depressive symptoms. Findings on what was learned about depression in the lives of Early Head Start families are presented with a brief summary of the role Early Head Start plays in addressing mental health needs and rationale for the importance of addressing mental health.

Clinical Interventions to Enhance Infant Mental Health: A Selective Review. National Center for Infant and Early Childhood Health Policy at UCLA by Zeanah, P, Stafford B, Zeanah, C. (2005)

<http://www.healthychild.ucla.edu/PUBLICATIONS/IMH%20Evidence%20Review%20FINAL.pdf>

Funded by the Maternal and Child Health Bureau (MCHB), the National Center for Infant and Early Childhood Health supports federal, state and local early childhood agendas and assists Maternal Child Health agencies to play an important role in the development of comprehensive, integrated early childhood service systems. The Center develops and disseminates strategic planning tools as well as reports and policy briefs on topics relating to the improvement of early childhood services for all children.

OTHER MENTAL HEALTH RESOURCES

The Research and Training Center on Family Support and Children's Mental Health

<http://www.rtc.pdx.edu/>

With funding from the [National Institute on Disability and Rehabilitation Research \(NIDRR\)](#), U.S. Department of Education, and the Center for Mental Health Services, [Substance Abuse and Mental Health Services Administration](#), U.S. Department of Health and Human Services promotes effective community-based, culturally competent, family-centered services for families and their children who are or may be affected by mental, emotional or behavioral disorders. Among RTC publications of particular interest (available for download at <http://www.rtc.pdx.edu/pgPublications.php>) are:

- Management Strategies for Positive Mental Health Outcomes: What Early Childhood Administrators Need to Know, by B.L. Green, M.C. Everhart, & L. Gordon, 2004.
- Mental Health Consultation in Head Start: Selected National Findings (Mental Health Services Survey Report) by B.L. Green, M.C. Everhart, M.G. Gettman, & L. Gordon, 2003
- Getting your money's worth: What early childhood directors should know about working with mental health professionals, an article in the Summer, 2004, issue of the RTC's journal *Focal Point*. (<http://www.rtc.pdx.edu/PDF/fpS0403.pdf>)

The Center on the Social and Emotional Foundations for Early Learning

<http://www.csefel.uiuc.edu/>

This national center is focused on strengthening the capacity of child care and Head Start programs to improve the social and emotional outcomes of young children. The Center develops and disseminates evidence-based, user-friendly information to help early childhood educators meet the needs of the growing number of children with challenging behaviors and mental health challenges in child care and Head Start programs. The Center on the Social and Emotional Foundations for Early Learning is funded by Head Start and the Child Care Bureau in the U.S. Department of Health and Human Services. Center products include:

- **What Works Briefs:** (<http://www.csefel.uiuc.edu/whatworks.html>) Summaries of Effective Practices for Supporting Children's Social-Emotional Development and Preventing Challenging Behaviors. The Briefs describe practical strategies, provide references to more information about the practice, and include a one-page handout that highlights the major points of the Brief. (See, for example, *The Role of Time-Out in a Comprehensive Approach for Addressing Challenging Behaviors of Preschool Children* <http://www.csefel.uiuc.edu/briefs/wwb14.pdf>)
- **Training Modules:** (<http://www.csefel.uiuc.edu/modules.html>) Training materials designed based on input gathered during focus groups with program administrators, T/TA providers, early educators, and family members about the types and content of training that would be most useful in addressing the social-emotional needs of young children. The content of the modules is consistent with evidence-based practices identified through a thorough review of the literature.

Early Head Start National Resource Center (NRC) @ Zero to Three

www.zerotothree.org

The EHS NRC and its parent organization Zero to Three has a strong focus on infant mental health and relationship-based work. A number of their journals have been dedicated to infant

mental health and family mental health. Some examples of the NRC and Zero to Three's work on infant mental include, but, are not limited to:

- *Zero To Three*, July 2004, Vol. 24, No. 6, Mental Health Consultation to Infant-Family Programs: The Early Head Start Experience. Available for order at:
<http://www.zerotothree.org/bookstore/pubDetails.cfm?pubID=2571>
- *Zero to Three*, June/July 2002, Vol 22, No. 6, Perinatal Mental Health: Supporting New Families Through Change and Vulnerability.
- *Zero To Three*, August/Sept. 2001, Vol. 22, No.1., Infant Mental Health and Early Head Start: Lessons for early childhood programs. Available for order at:
<http://www.zerotothree.org/bookstore/pubDetails.cfm?pubID=2529>
- *Early Head Start Tip Sheet*: What does Infant Mental Health (IMH) mean? And, how do EHS programs implement quality IMH services?
http://www.headstartinfo.org/infocenter/ehs_tipsheet/tip22.htm
- *Infant Mental Health Forum Oct. 23-24, 2000*
http://www.acf.dhhs.gov/programs/opre/ehs/mental_health/reports/imh_report/imh_report_toc.htm
- *Pathways to Prevention: A comprehensive guide for supporting infant and toddler mental health* (<http://www.headstartinfo.org/pdf/Pathwaysto.pdf>) illustrates one approach to capacity building through consultation. PTP was developed as an "intensive training experience" that paired participating EHS and Migrant and Seasonal Head Start (MSHS) programs with an infant mental health consultant. Post evaluation data show that despite challenges, all 24 EHS programs that participated in the effort experienced some level of success in moving toward the goals they set for themselves.

STANDARDS AND REGULATIONS

Head Start Program Performance Standards

<http://www.acf.hhs.gov/programs/hsb/performance/index.htm>

The Head Start Regulations, Title 45 of the Code of Federal Regulations, Parts 1301 through 1311, state the required operating procedures and services that Head Start programs are to provide to the children and families they serve. Program Guidance for Parts 1304 and 1308 is included. The Head Start Program Performance Standards available through the Head Start Information and Publication Center (HSIPC) was published in 2002.

Head Start Program Performance Standards on Services for Children with Disabilities

<http://www.acf.hhs.gov/programs/hsb/performance/1308/1308.htm>

Code of Federal Regulations

<http://www.gpoaccess.gov/cfr/index.html>

This site provides the Code of Federal Regulations (CFR) for the Head Start Performance Standards in their most current version. The files can be searched for and downloaded by Title, Part, and Section (or Subpart). These documents do not contain the guidance material that is included in the publication issued by HSIPC.

Head Start Act

<http://www.acf.hhs.gov/programs/hsb/budget/headstartact.htm>

The "Head Start Act" is Title VI, Subtitle A, Chapter 8, Subchapter B of the Omnibus Budget Reconciliation Act of 1981, PL97-35 (8/13/81). Minor amendments to this Act were made by the "Technology-Related Assistance for Individuals With Disabilities Amendments of 1993," PL 103-218 (3/9/94). This Act was most recently reauthorized, through fiscal year 2003, by the Coats Human Services Amendments of 1998, PL105-285 (10/27/98).

PRISM MONITORING INFORMATION

Program Review Instrument for Systems Monitoring (PRISM)

<http://jasmine.eainet.com/prism/index.html>

This site contains general information on PRISM including training information and manuals.

Program Review Instrument for Systems Monitoring (PRISM) Guide 2005

http://www.headstartreviews.com/docs/2005prismguide-1_50.pdf

This manual is designed to address an audience that includes PRISM team leaders, reviewers, and grantees.

PRISM All Instruments 2005

<http://www.headstartinfo.org/pdf/2005PRISMInstrument.pdf>

The PRISM Instrument contains interview protocols, checklists, and observation instruments to be used during a PRISM review.

Mental Health Reviewer Qualifications and Job Description

<http://www.headstartreviews.com/MHquals.asp>

GENERAL ACCOUNTABILITY OFFICE (GAO) REPORTS

<http://www.gao.gov>

The General Accountability Office is the audit, evaluation, and investigative arm of Congress. GAO examines the use of public funds, evaluates federal programs and activities, and provides analyses, options, recommendations, and other assistance to help the Congress make effective oversight, policy, and funding decisions. The reports are available through the GAO Web site.

<http://www.gao.gov/new.items/d05176.pdf>

GAO Report to Congressional Requestors, Comprehensive Approach to Identifying and Addressing Risks Could Help Prevent Grantee Financial Management Weaknesses, February 2005.

ADDITIONAL WEB RESOURCES

National Institutes of Mental Health

<http://www.nimh.nih.gov/healthinformation/childmenu.cfm>

Substance Abuse and Mental Health Services Administration's National Mental Health Information Center

<http://www.mentalhealth.samhsa.gov/child/childhealth.asp>

National Dissemination Center for Children with Disabilities

<http://www.nichcy.org/index.html>

Council for Exceptional Children

<http://www.cec.sped.org/>